



## Chronic Disease Self-Management Education Programs

These programs are brought to you through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence (OAI), and Johns Hopkins Howard County Medical Center (JHHCMC).

### Chronic Disease Self-Management Workshops

6-week community-based workshops to help people control their chronic health conditions (medical problems that last a long time) and improve their skills to control their long-lasting disease.

### Diabetes Self-Management Workshops

6-week community-based workshops to help people control their diabetes and reduce the problems associated with diabetes.

### Tobacco Cessation Classes

Weekly individual and group sessions to help people who want to quit tobacco. Open to anyone who lives, works or goes to school in Howard County .

### Cancer Support Groups

Weekly/monthly professional-led support groups to help cancer survivors work through the feelings and challenges they have experienced with other people who have gone through the same experiences.

**Howard County LHIC**  
Local Health Improvement Coalition



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# Living Well Workshop Schedule

July 1, 2024 – September 30, 2024

- **In-person:** Small group (12-15 people) workshops that meet face-to-face for 2.5 hours once a week for six weeks
- **Virtual:** Small group (12-15 people) workshops that meet virtually (Zoom or WebEx) for 2.5 hours once a week for six weeks
- **Toolkit:** Mailed toolkit of materials with six weekly 45–60-minute small group (3-5 people) phone calls

Program	Dates	Days/Times	Modality/Location	Language/Coordinating Agency
<b>Diabetes Self-Management Workshops</b>	July 10 – August 14	Wednesdays 6:30pm – 7:30pm	Toolkit	English JHHC MC
	August 8 – September 12	Thursdays 5:00pm – 7:30pm	In-person: TBD	English JHHC MC
	September 11 – October 16	Wednesdays 5:00pm – 7:00pm	In-person: TBD	English JHHC MC
<b>Chronic Disease Self-Management Workshops</b>	July 8 – August 12	Mondays 10:00am – 12:30pm	Virtual	English OAI
	July 9 – August 13	Tuesdays 6:00pm – 7:00pm	Toolkit	English JHHC MC
	August 21 – September 25	Wednesdays 10:00am – 12:30pm	In-person: Glenwood 50+	English OAI

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